

**FOR IMMEDIATE RELEASE**

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**VIRGINIA DEPARTMENT OF HEALTH ISSUES ONE NEW FISH CONSUMPTION ADVISORY  
AND MODIFIES TWO EXISTING ADVISORIES**

(Richmond, Va.)— The Virginia Department of Health (VDH) has issued a new fish consumption advisory for Lake Anna in Spotsylvania and Louisa Counties. VDH also has expanded the boundaries of its existing advisory for the James River and has strengthened its advisory on Knox Creek in Buchanan County.

The new advisory for Lake Anna limits consumption of carp to no more than two meals per month. “This advisory is being issued due to recent tests conducted by the Virginia Department of Environmental Quality that showed levels of polychlorinated biphenyls (PCBs) in exceedance of the health department’s level of concern,” explained State Health Commissioner Robert B. Stroube, M.D., M.P.H.

The James River advisory begins at the Interstate 95 James River Bridge crossing in Richmond and has been extended downstream approximately 110 miles to the Hampton-Norfolk Bridge Tunnel (mouth of the James). Consumption guidelines remain unchanged. People should not eat any blue catfish and only two meals per month of carp from the described area.

VDH has also made its current advisory more restrictive for Knox Creek from the Virginia-Kentucky state line, upstream for 17 miles to its headwaters near the Virginia-West Virginia state line. People should not eat any smallmouth bass or suckers from the creek and should eat not more than two meals a month of any other fish taken from the creek.

Women who are pregnant or may become pregnant, nursing mothers and young children should not eat any fish from any of these waters.

“We encourage people to continue to fish and enjoy the water for recreation,” explained Director of the Division of Health Hazards Control Khizar Wasti, Ph.D. “People can protect themselves from adverse health effects from PCB’s by following the recommendations of these advisories.”

Because PCBs tend to concentrate in the fatty tissues of the fish, VDH recommends the following precautions to reduce any potential harmful effects from eating fish:

- Eat the smaller, younger fish (within the legal limits). Younger fish are less likely to contain harmful levels of contaminants than larger, older fish.
- Remove the skin, the fat from the belly and top, and internal organs before cooking the fish.
- Bake, broil or grill on an open rack to allow fats to drain away from the meat.
- Discard the fats that cook out of the fish.
- Avoid or reduce the amount of fish drippings or broth that are used to flavor the meal.

(more)

- Eat less deep fried fish, since frying seals contaminants into the fatty tissue.
- Try to eat different species of fish from various sources (different creeks, rivers and streams).

The Virginia Department of Health issues fish consumption advisories based on the evaluation of fish tissue sample results provided by the state's Department of Environmental Quality. For more information on current fish advisories in Virginia, log onto the Virginia Department of Health's Web site on fishing advisories at [www.vdh.state.va.us/HHControl/fishing\\_advisories.htm](http://www.vdh.state.va.us/HHControl/fishing_advisories.htm).

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